

By: Sheffield

H.R. No. 1426

R E S O L U T I O N

1 WHEREAS, Across Texas, the fifth annual Every Kid Healthy
2 Week is being observed from April 24 through 28, 2017; and

3 WHEREAS, The Lone Star State is home to more than 7 million
4 residents under the age of 18, a segment that represents over 26
5 percent of the total population; of those young people, nearly 20
6 percent are considered obese, a condition that can lead to a host of
7 serious health issues, including heart disease, type 2 diabetes,
8 asthma, sleep difficulties, and low self-esteem; and

9 WHEREAS, At the national level, 75 percent of health care
10 expenditures go toward diagnosing and treating chronic illnesses,
11 many of which have been linked to obesity and physical inactivity;
12 moreover, the State of Texas annually spends nearly \$6,000 per
13 capita on health care; and

14 WHEREAS, Regular physical activity can produce such
15 long-term benefits as greater cardiorespiratory and muscular
16 fitness, better bone health, reduced symptoms of depression, and
17 improved academic performance; the U.S. Department of Health and
18 Human Services recommends children and adolescents participate in
19 an hour or more of physical activity daily, through a combination of
20 aerobic and muscle- and bone-strengthening activities, yet only
21 about 27 percent of young Texans meet those suggested levels; and

22 WHEREAS, In an effort to combat the rising levels of
23 childhood obesity, health clubs throughout the state have created
24 programs specifically designed to encourage families to exercise

1 and follow a healthy diet; in recent years, such initiatives have
2 spurred a dramatic increase in the number of health club members
3 under the age of 18; and

4 WHEREAS, Childhood obesity not only negatively affects our
5 young people's quality of life but also leads to higher health care
6 costs, and this weeklong campaign to raise awareness of this issue
7 serves as a valuable way of educating the public about a critical
8 health epidemic facing our state; now, therefore, be it

9 RESOLVED, That the House of Representatives of the 85th Texas
10 Legislature hereby recognize April 24-28, 2017, as Every Kid
11 Healthy Week and encourage all Texans to meet the recommended
12 levels of physical activity each day.